

2. Plan for each type of movement, and list key words on paper for ready reference during the telling of the story:

<i>Type of Movement</i>	<i>Key Word</i>
legs	run, skip, hop, jump, etc.
arms	fly, throw, reach, etc.
trunk	bend, sway, pick up, row
posture (trunk extension)	tall, high, looking up
control of small movements	tiptoe, softly, balance
breathing	smell, blow
relaxation	went to sleep, sank to ground

These need not be used in any particular order except that easy breathing, for initial stretching, should come at or near the beginning. The deep breathing (or panting) should be produced by the vigor of the exercise at some time during the story in order to be beneficial; deep breathing on command while the body is inactive has no particular value.

3. Before telling the story the teacher will need to plan with children about directions and distances for running. A good general rule to start is: "Run any direction you want, just so you don't bump into others." More definite rules may be made later if there are too many collisions or if space is too limited.

Telling the Story

1. Tell it briefly, using many action words.
2. Speak with expression and appeal to imagination.
3. Let children express actions in own manner; try to encourage originality.
4. Repeat the most vigorous sections (jumping the brook, chopping down a tree) until the children are breathing deeply from their exertions.

Additional Suggestions for Action Words

gallop fast	look up at top of tree
how good they smell	big high steps over the log
stoop and push it away	trees swaying in the wind
push first on one side, then on the other	pull harder and harder
a tall, tall tree (try to stand as tall as the tree)	pitch hay in the wagon
straight and tall (telephone poles)	stoop to look in the brook
	reach up to the shelf

Sample Stories: (Key words italicized)

THE LEAVES' PARTY

One beautiful day in autumn when the sky was blue and the leaves all red and gold, the wind decided to have a party. He was a nice gentle wind, so he *blew softly* in this tree, and *blew softly* in that tree, and *blew softly* in another tree, asking all the leaves to come to his party. The leaves *smiled* and *fluttered* and *bowed* to show how pleased they were. One leaf *high up* in the top of a tree *let go* and *sank slowly* to the ground; another leaf *high up* *let go* and *sank down*; and *another* and *another*, *faster* and *faster*. They *hopped* and *hopped* and *whirled* and *whirled* and *danced* and *danced* until they all came together at the party. Then they *took hands* and *whirled* and *whirled* and *skipped* and *skipped*. They *stretched* their *arms up* to the mother